

# Spirituality



for you and me

*In Conversation with an*

*Atheist*

Druhin Dhavala

## About the Author...

I am just another ordinary man you would find next door to your very own house. By the Grace of God, I was given the Grace of God to search God. I am deeply humbled with my own experience. After having gone through my own journey, my goal is simply to pass on the taste of blissfulness to all beings. What I got from the Universe, I am simply channeling it out to others, so they can grab this and benefit from it.

My spiritual journey has been a mystery to me all along. However, I would classify myself as a Self-Realized Jiva Muktha being following Jnani marg through Advaita.

In this book I cover a conversation with an Atheist. This gives not only a very neutral and unbiased perspective of What is Spirituality and Why it needs to be practiced, it covers step by step daily practice guide that will help you achieve Spiritual ambitions.

If I can help you with your spiritual quest in any way, please feel free to reach me using the contacts stated in this book or the websites stated here. It is my honor and privilege to bring my knowledge to you, the reader. Here's hoping that you too taste the everlasting blissful happiness that arises out of endless ocean of Love or the Self/God.

If you have not yet read my other book, please download it for FREE from [www.druhindhavala.com](http://www.druhindhavala.com)

- *Spirituality for you and me – A Common Man's Journey*

May you find what you are looking for and that you be always Happy.

~ Druhin Dhavala ~

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The author is merely expressing and sharing his own spiritual journey and understanding through his own **Self-Realization**. This is NOT intended for others to follow and is only for informational purposes.

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# PREFACE

After releasing my first book, ***Spirituality for you and me – a common man's journey***, which was primarily my own journey, I was wanting to share my own knowledge with others in various forms. I then came across a simpler way of explanation, a dialogue rather than a monologue.

This book is a conversation between myself and an Atheist. There is NO reference to any person in this conversation and this Atheist is purely a made-up individual.

Atheist simply means a non-believer and it is usually used in reference to God or Religion. But this does spillover into Spirituality as well. Since these are overlapping topics, finding a way to clarifying all of these from a neutral standpoint of an Atheist was deemed to be the best approach. And hence this book.

The book starts with this Atheist whom we will refer to as **Inquirer** is forced to come and talk to me. He is really not keen nor interested in either a conversation or the topic of discussion owing to personal beliefs around all of this. This conversation slowly unfolds into more collaborative exchange of information sharing rather than a one-way transmission.

This book is NOT meant to bash or degrade Religion/God as is conventionally known/any personal beliefs. If during any of the conversation/session inadvertently anything was construed to be detrimental or causing grievance, I personally apologize for the same ahead of time.

This book is divided into just 2 chapters.

Chapter 1 – deals with the questions What and Why

Chapter 2 – deals with the How.

In short, it's a journey through which an Atheist finds himself and the ways in which he could transform himself. This book not only offers the reader with the right questions, but most importantly, what and how to do things to get where one needs to be.

# CHAPTER 1 – The What's and the Whys of Spiritual Inquiry

## In Conversation with an Atheist

One day an Atheist (*let's call him **Inquirer** from here on*) reaches out to Druhin Dhavala (referred to as **DD** from here on) to understand and even prove Spirituality and God is all a myth. This led to series of questions and answers which is going to be presented as such.

Most, if not all of what comprises of within this series is either direct experience of DD or imaginative in nature. There is NO correlation to any person living or otherwise that is depicted within this narration. Since it is much easier to imagine and understand a **Dialogue** instead of a **Monologue**, this approach was chosen.

### Who is this for?

Each one of us have all sorts of doubts when it comes to God and Spirituality. Often, we question everything that is told to us or even learned on our own.

The conversation presented in this series simply clarifies those doubts with all the scientific/logical/and other tools, where applicable.

Having traversed this path himself, DD wants to simply share everything he knows with all the beings, so everyone can enjoy a blissful life that they deserve

In summary, there is NO rule around who could read and consume this information. This is as good for a teenager as it is for someone in their 80's. It is as good for an atheist as it is for an ardent follower of Religion or GOD.

### Are there any pre-requisites?

NO. Anyone can just pick this series from any place and continue, unless of course one wants to start off from the very beginning, which is fine too.

The reader does NOT have to know what God/Spirituality/any other technicalities thereof around this topic ahead of time. We will cover almost all of these in a very simple and easy to understand language with examples, where applicable

*Let us dig right in...*

## Spirituality is a Waste of Time

**Inquirer** - Spirituality is a Waste of Time. I shouldn't have been here to begin with. There is nothing one gains from it. There is NO GOD, and nobody can prove spirituality, or the soul is real. I am now thinking what made me come to you at all.

**DD** - I appreciate your time and the intent to at least be here. This shows that you are **open** to things that were beyond your current belief system. Before we dig into the many concerns you raised, would you mind sharing your definition of what Spirituality is all about? If you feel that this is a waste of time, we better understand that in more detail

**Inquirer** - This is all the bogus hocus pocus that has been going on for centuries that tries to steer folks from their regular lives. Either the so-called gurus push you into believing something that doesn't exist or the religion that is out there tries to enforce ideas of a God that exists somewhere out there watching all of humanity and he will fix all my problems. Both have been proven beyond doubt to be hoaxes.

**DD** - So your problem is with the Gurus or the GOD or the non-performance of the wishes you asked for? Or does it have to do with Spirituality or God as a whole?

**Inquirer** - I don't know. All I can say is that these things are irrelevant to my life and I need to spend more time with things that matter to me most. That way at least I can have a better life. I am yet to meet someone who is spiritual and happy.

**DD** - OK. I think it is best if we define these terms for better understanding. What exactly do you think Spirituality is all about?

**Inquirer** - You pray to an invisible God for him or her to fulfill your wishes. Some spiritual masters have asked their students to do meditation so that they can attain inner peace. I realize that meditation has its benefits and it is now a scientific fact. But all the talk about inner peace is baloney.

**DD** - Good. We are now making some real progress. Let us first define these terms to clarify what they mean.

*Spirituality* - It is merely a way of life. It is life of the SELF.

*GOD* - The conventional term God has been linked to religion. Within Spiritual realm, there is NO such thing as GOD. There is an ever-lasting, ever-expanding, ever-present entity or energy that we will call as "**the Supreme**", from here on. And this too is a pure scientific fact that we will get to later.

**Inquirer** - This seems a bit different interpretation that I have come across. Still, why should I spend even a minute of my life doing any of this. Because that's how we started off our conversation and without knowing why, I don't see any reason for me to be here any longer than is necessary

**DD** - Let me instead ask you. If not for this, where exactly were you planning to spend this time? In today's busy life, we are always on the **go**. The only problem is that we don't know where we are going. Each and every day is robotic in nature with over 99% of what we do are autonomous tasks with premeditated definitions and outcomes. All of this, for what? To earn more, have a better quality of life. In the end, everything leads to **happiness** and **satisfaction**. Isn't that the goal of whatever you are doing today and have been doing all along?

**Inquirer** - Yes. Of course.

**DD** - And you believe that running around like this is leading you to happiness? What I want you to do is, take a pause, a step back and let all that you are doing to attain happiness sink in. *What if* there is another way to the happiness you are trying to embrace? *What if* such happiness is ever-lasting?

I always cite a very simple example on prioritization and time management. If one needs to exercise just 20 minutes each day to stay healthy and cannot find even those 20 minutes out of his/her daily schedule, what exactly is that person doing which is more important than the same body which is letting him/her do whatever he/she is doing?

If one cannot devote just 20 minutes daily to take care of the very same body which is giving all the experiences the person has throughout his lifetime, then there is nothing more to add to the discussion.

Likewise, if we cannot devote X minutes/hours each day to the SELF, then again, there is nothing more to add.

Let us continue the conversation in our next session.



## Spirituality is Happiness

**DD** – From our previous session, do you at least feel that it is worth it to continue the conversation? If yes, we will try and answer some of the other queries you had, while going further into this conversation.

**Inquirer** – I am not sure if this is worth the time, but I will give it a try anyways.

**DD** – Good. The most important question that needs answering so we can continue forward is, **What exactly is Spirituality and what is it's purpose?**

The whole purpose of Spirituality is to Realize the Divine and then live a life that is as beautiful and fulfilled as the divine itself.

Each one of us deserves to not only go through this transformation process but experience all that is out there. Let us dig further into our inquiry and let me ask you a few questions.

- When you eat your favorite sweet, you feel **Happy**.
- When you see your favorite movie, you feel **Happy**.
- When you touch your favorite animal/flower, you feel **Happy**

But why is it that such happiness is limited? In the sense that you are happy only if your senses are perceiving the act. For example, as long as the sweet is in your mouth, you feel ecstatic. As soon as the sweet is inside your tummy, your happiness quotient goes back to ZERO. You then run around trying to find happiness in something else.

**Inquirer** – I guess that's how we are designed. Everything we perceive is through our senses alone. Obviously, your spirituality or God cannot change that?

**DD** – No. Nothing can change the *natural law*, in this case our reality being created through our sense perceptions. However, what happens if you could potentially extend the perception of happiness longer. Or even better, forever?

**Inquirer** – I don't believe nor understand any of this. Can you elaborate?

**DD** – Spirituality is the means with which one can achieve **blissful state**, the state of ever-lasting happiness. A place which is beyond space and time. A place where only thing that lives is Love. The place where you are one with everything and everything is within you. You realize you are simply a copy of the divine and that divine himself lives within you.

As we sift through the questions, we will eventually get to that state, effortlessly. After all, our goal is to be happy. Whether that happiness comes through external tools that is short-lived or from within that is ever-lasting, doesn't really matter.

For the time being let us table all the questions that still needs answering, so we don't miss out on these.

- How to get ever-lasting happiness state
- Is there a God
- What exactly do we gain from Spirituality?
- Nobody can prove God exists nor spirituality is real
- Religion is misleading and not needed

I guess we answered the 3rd question of yours, from the above. What you gain from spirituality that you can easily quantify - Every lasting peace and happiness. How? This question will be answered as we move further.

**Inquirer** – I am still not getting any answers. You seem to be showing lot of promises, but there is still no substance.

**DD** – If only Spirituality were that easy, you could have google'd your way out of this. No need for enlightenment and processes thereof. Spirituality is what I call the process of **Peeling an onion**. When we are born, we are purest form of the divine. Then starts the layer forming process by parents/society/self/situations/etc. Spirituality is the process with which one peels all these layers to once again become the **Purest SELF**, aka childlike.

Just recall the innocence you had when you were a child. What have we all become in the process of growing up? Smart/Cunning/Deceitful/Greedy/Envious and all that, for what? To be **happy**? That happiness which has always been inside of you all along?

**Inquirer** – Are you serious? Happiness inside me? How?

**DD** – This is very simple to prove

- When you eat your favorite sweet, where and by whom is the Happiness experienced? It is by you and inside of you.
- When you watch your favorite movie, where and by whom is the Happiness experienced? It is by you and inside of you.

This list could go on. But the point of emphasis here is that, happiness is a feeling that is and has always been **within you**. Yet, you have been looking for it outside of you, in all the material things. Those external **things** got you the happiness you have been looking for, for only a few precious moments. Only to die down again in oblivion.

Once you realize that Happiness is the feeling that is inside of you, you could transform your SELF into an ever-lasting Happy individual.

Let us continue the conversation in our next session.

## What or Who is GOD

**Inquirer** – OK, you got my attention. I am still nowhere near convinced with all this spirituality stuff, but I like the idea of being in a happy state forever, if that's even a possibility. Can we continue to focus on my questions that you tabled out in the last session? Eventually I would like to see a practical way of harnessing Spirituality for my own benefit. Otherwise, this will be simply a hogwash and dogma like so many cults over the decades.

**DD** - Definitely. We will establish all of that and help you with your queries. Let us take the Heavy Hitter, **Is God Real?**

Before we can proceed further, we need to clarify a couple things

- God is not a being or even a non-being. If God has a shape, then it/he/she cannot be God. Because, the very definition of God is ever-expanding, ever-present and omnipresent. With this in mind, there is NO way to qualify God as an entity. Hence, if anyone does, then in simplest of terms, it cannot be God
- Religion and Spirituality are NOT the same. In fact, today's Religion has very little to do with Spirituality. We will elaborate further when the context is right.

Now, what exactly is God. Since the God we know and widely referred is used in a context that is not close to the real god, we will use the term **the supreme**, to define that entity or God.

The supreme is nothing more than **Energy**. At the lowest form of intelligence that can be quantified as matter, everything is energy. Let us try and go deeper into our own structure to explore this aspect.

Human Body --> Organs --> Tissues --> Cells --> Molecules --> Atoms --> Nucleus --> 99% Empty space with the rest of protons/neutrons that can be broken down to the levels understood, is merely vibratory motion aka energy. This vibration combined with rotation creates substance via matter which is held into a pre-defined orbital structure that leads us to believe something is shaped in a particular way. But at the lowest level, everything is merely particles in motion aka energy. The whole universe is Energy.

**Inquirer** – Sorry to interrupt, this is all good and dandy. But not only that we are digging too deep into science, we are straying away from whatever spirituality and god is. Can we please focus and get back at it? Also, is it possible to keep the conversation simple so a person like myself can grasp it better?

**DD** - Sorry. I didn't mean to sway away this deep. But in the end, Science and Spirituality are two sides of the same coin. Since we are all living in an information age, I thought of utilizing science as the backdrop for my explanations. Moreover, if you re-read what all I stated, it's not that complex. But point noted. I will try to simplify what all I can.

Continuing...

If we are energy, each one of us, likewise every other physical entity, then all that is out there is just **Energy**. Nothing else actually exists. If we go back to our definition of **the supreme** or God...

- He is ever-expanding - Energy is always expanding and is in motion
- He is ever-present - Energy is always present. It can only change form, but cannot disappear akin to matter
- He is omni-present - Energy is present everywhere, here/there, everywhere

This is the reason we are told that God is within us. Almost all eastern cultures and even meditative practices asks individual to **look within**. There is NO GOD out there there. He/It is always present everywhere at all times.

**Inquirer** – Are you implying that God or the supreme creator is merely energy? Very hard to digest. How can we all be energies alone? I can actually feel and see solid objects. From what I am reading, you are saying there is no solidity at all? This is as much weird as it is scary.

**DD** - Yes. Everything is energy. There is nothing solid or for that matter any state other than pure energy. Everything is energy in motion creating an illusion of matter which we classify into solids/liquids etc.

Let us take a very simple example that will prove solidity to be merely an illusion.

Solidity is identified by two senses of ours

- Eyes - When one looks at a solid object, door/window/table, conclusion is drawn it to be solid
- Touch - When one touches, the current definition and perception is that one cannot pass through that object with their hands

In our example, we will try and prove that Eyes create illusion. Touch is difficult to explain. But I guess if we can prove at least one of the two wrong, there at least exists a high probability that what we are perceiving as solid may not be actually one.

Let us say you are under a huge waterfall such as Niagara Falls. You can pretty much see streams of water and even droplets. This is definitely NOT solid is your conclusion.

After your outing at Niagara Falls, you are now heading back home. You now take a last glimpse of the falls from say 6 miles. The SAME stream of water now appears like a closely-knit stream of water giving an illusion that is a solid object rather than water. If someone takes a picture of the water fall itself and removes everything around it, you would be surprised to see that it looks like a solid object. Try it for yourself, don't believe me.

Let us continue the conversation in our next session.

## Where do I find GOD?

**Inquirer** – In our previous session you really got me with all the solid not being solid stuff and God being energy. After having done some research around this, I am now starting to open up to other possibilities. But, outside of all the scientific theories you stated, is there any proof to validate any of what you stated?

**DD** - The problem with Science today is that it needs funding to move forward, unlike olden days when real scientists used to just go for it. Nobody in their right mind will spend money to validate that we are all energy for obvious reasons beyond the scope of this conversation. I guess you should get the hint as well.

**Inquirer** – But that doesn't answer my question.

**DD** - Yes, let me explain further.

If God or the Supreme is Energy, what state is Energy in. Everything in nature seeks **Equilibrium**. Anything that is NOT in equilibrium is what manifests in our physical reality. When Ocean is quiet and sleeping, you don't see waves. Waves show up only when the equilibrium of the ocean is broken in the form of gusty winds or thunderstorms / etc. that disturb the natural state.

Likewise, when our monkey mind is always on the go, it is NOT in a state of Equilibrium. That's why all Meditation masters ask the student to Quiet the Monkey mind. Ask yourself the following questions.

- Why do we feel peace and happy in a quiet serene place, such as a beach or mountains?
- Whenever we are angry or about to burst out, why is everyone telling us to calm down?
- When was the last time you got a new idea while you were too busy talking?
- Even body follows this. Why is it that Fasting is considered the best way to cleanse the body?

As always, this list too is endless. Point to note here is that ALL problems desire calmness aka equilibrium.

In short, if you are looking for God, look nowhere else but here and now. In the quiet and peace.

**Inquirer** – Are you suggesting that God is silence?

**DD** - Yes. Anything that is in equilibrium is God. Because God or the supreme, isn't a thing or person that lives at a particular place. If that be the case, it really cannot be God. Because time immemorial we have known that God is everywhere. And that is only possible if God is Energy and is in Equilibrium state all along.

Silence is **God Space**. That's why all monks and sages seek silence. God and Silence are the only things that cannot be divided any further.

If you wish to seek God the supreme, Seek **Silence**. In fact, the more you do this the more you would realize that there is literally NO need to even talk.

**Inquirer** – That's not practical in today's life though. Follow up question. If God is simply energy, why in the world is everyone praying to idols and going to temples? They could just sit and easily talk and live with god.

**DD** - Yes. And let us table this for future. The topic of Idol worship and temples, that is. But yes. Again, since ages almost all sages and monks just sat quiet. There is NO documented evidence or otherwise that they actually went to temples/churches and prayed some external deity.

All is within.

**Inquirer** – OK. It appears you have defined God and a way to reach God. But why exactly should I do that to begin with? If as per your definition, God isn't an entity watching over all that I am doing, what is the need for me to go about searching for him? I am happy the way I am, and I don't think there is any need for me to do all of this.

**DD** - Your question itself has the answer you are looking for. You still believe God is something outside of yourself, when you have already accepted in a way that God being energy is everywhere. Ponder about it for a second.

If you are energy, All is Energy, God is energy, then there really doesn't exist any you that is separate from the All that exists.

**Inquirer** – This is absurd. Are you suggesting I am god?

**DD** - We all are. We won't become God, but God is within us and we have as much ability and capability as God. There can be no other way. Why would energy distinguish between good and bad on its own? That's why it is said. God loves all, the same way. It doesn't matter if the person is a good or a bad one.

In this session, we knocked off two tabled question of yours - "*Is there a God*" and "*Nobody can prove God exists nor spirituality is real*".

Let us continue the conversation in our next session.

### Tabled Questions:

- How to get ever-lasting happiness state - Answered
- Is there a God - Answered?
- What exactly do we gain from Spirituality? - Answered
- Nobody can prove God exists nor spirituality is real - Answered
- Religion is misleading and not needed
- What's the purpose of idols and temples

## God and Consciousness

**Inquirer** – The concept that God is everywhere, and God is in me is a very difficult one to imagine and likewise digest. But now I have a new question. If everything is energy, there must be someone else who created this energy. What or who is that?

**DD** - This is a very interesting question and one which will take us into many other interesting topics. The creator of everything aka energy is **Bramha** or Brahman or **the Supreme**. But for us to understand this, we need to introduce another entity into the mix, **Consciousness**.

Consciousness is what drives our experiences. The moment you wake up from sleep, you start with **I AM**. Rest of your day simply follows up with adjectives that are attached to this.

- I AM alive
- I AM going to have a great date
- I AM going to be healthy and happy

and so on...

What you are observing with all this is that for each and every experience you go through in your entire life, one thing precedes it all. Consciousness. If not for Consciousness, there will be NO experience. Not at least in the way it is known today.

When you are asleep, you are NOT conscious that you are sleeping. Your consciousness is no longer active.

If everything we experience has a parent in it, Consciousness, does that imply there exists nothing else but consciousness? That is exactly the point. You are Consciousness.

**Inquirer** – You are a very confusing person to follow. One time you state everything is energy and now you are saying everything is Consciousness. With your latest analogy it appears that even Consciousness must be energy?

**DD** - Exactly. See you are getting it. In a story line, there are many characters with specific roles they play. What we are trying to do here is to first understand that part and then we will weave them into the play.

Since everything is Consciousness, it must be energy. Consciousness by itself is just a framework. Thoughts is what implements or uses that framework in a way we human can understand it. For example, I could be conscious of a table in front of me. But unless I **interpret** it as a table, my consciousness is nearly blank. This interpretation happens through thoughts.



Thoughts have already proven by science to contain an energy signature. And you must have personally experienced this too.

When you meet a new person who is always happy, you feel elevated and happy yourself. Why is it so? Because the new person is expressing thoughts (*happy*) away in the form of energy and you are absorbing that energy, being energy yourself.

In summary, your thoughts are formed out of consciousness and both are merely different forms of energies. All of this actually blends nicely with the **All is Energy** we understood in our last session.

**Inquirer** – If I am energy and you are energy, doesn't that mean we both are the same?

**DD** - Bingo. What you have summed up in a few handful sessions takes many lifetimes for folks to grasp. We are all ONE. There is NO other way. And that ONE is merely an expression of the supreme. This will get clearer once we understand what is that Brahma we talked about earlier

- Everyone has - Consciousness
- All individuals together form - Collective Consciousness
- The Supreme has - Supreme Consciousness

If you understand the above, you have understood all there is to understand. In simpler terms.

- A drop is as much part of the ocean as all the water in the ocean
- A river is also as much part of the ocean as all the water in the ocean
- An Ocean is the only reality in this context and both drop, and river are merely different expressions of the ocean

Getting back at trying to understand who this Brahma is, Brahma simply is the Super Consciousness.

Everything is in him, for him, to him, by him. There exists nothing else.

Now, what is this? Is this a physical person or simply more energy and why is this consciousness creating all of this, we will discuss in coming sessions.

Let us continue the conversation in our next session.

## Why is God Creating all of this?

**Inquirer** – We covered Consciousness at length in our last session. I really don't know how to explain and digest it. But in the interest of moving on, could you please table explaining Consciousness in more detail later? I am keen on knowing what this supreme consciousness is and why is it/he doing all of this?

**DD** – Is there something beyond the **Supreme Consciousness** and what is it? This is something at least I have not been able to find an answer for, personal realization that is. Other than the narration in old texts that states it is all within Bramha.

Leaving aside if there exists something else beyond the Supreme Consciousness, let us focus on our own goal so that we don't distract ourselves from the main reason for existence.

If all is Energy then why is the Supreme Consciousness creating miniature versions of the same, in the form of individual consciousness aka you/me/everyone around us? Why this whole creation? Most importantly, why is it that common man goes through a lifelong learning of how to live a life only to realize his goal was only to realize the self. Why is all of this so complicated?

There are more questions than answers. But we will slowly peel the layers of this onion.

Creation aka physical manifestation of all that you see, and experience happened for two reasons

- The Supreme consciousness is creating everything as an expression of himself and playing with his creation. Similar to a child who is building all the sand castles on a beach and having fun with imaginary world out there
- The second reason that actually relates to you and me specifically is for us to realize the self. This process is designed such that we learn, grow and finally ascend from the level of consciousness we currently are at

Let us delve deeper into the second aspect which is more relevant to us and our practical lives

**Inquirer** – Sorry to interrupt, but all of this sounds like a fairy tale. I am a very practical person and I really don't want to invest time in something that I cannot prove or experience. I want to make sure we are on the same page. Thanks.

**DD** – Definitely. One thing about spirituality is that it is NO theory. Each one of us can experience it **firsthand**. The bliss and the ascension. You really don't need to a sage sitting on top of a mountain to go through this exercise.

There are multiple levels of Consciousness. What We experience, Animals cannot. What animals can, plants cannot and so on. There are varied theories around how many levels of Consciousness there exists. But that is not of practical significance.

The reason we are born as humans is because we were at a stage in which we were ready to experience something more than what an Animal does. Likewise, our whole existence as a human is to prepare ourselves and get ready for the next level of consciousness. This is the only reason for the supreme to have created all of what we call world that we perceive through our senses.

And how exactly do I know this?

- Since time immemorial, all sages narrated experiences beyond the physical realm
- Science also proves this through NDE's (*Near death experiences*) that have been thoroughly studied for decades
- Meditation and certain drugs induce one to experiences that are beyond this world

This list again is endless. If there exists something beyond our world and there is a way of getting there, then there ought to be a reason for our existence. If not for ascension, no other logical explanation fits the bill.

All the hieroglyphs and massive stone artifacts of humans from ancient Egypt is just one proof that in the past there existed beings that were 20-50 feet tall. Excavations of bones all around has also proven this as an Archaeological fact.

As our Consciousness ascends from the current levels, our brains will grow as will our sizes/heights. We were at a higher level of Consciousness at one point and the proof is all around. Even today, nobody can explain how Pyramids at Egypt were built or the Megalithic structures some of them weighing as much as 1200 tonnes. We don't have the technology today to handle anything close to that.

It is a Scientific fact that our brains have been growing every 200 years. Likewise changes in our DNA is taking place at a very alarming rate. All of these are proofs that evolution is taking us where we need to be. Only if we as humans also realize that and go within, realize the SELF.

Let us continue the conversation in our next session.

### **Tabled Questions:**

- Religion is misleading and not needed
- What's the purpose of idols and temples
- Explain Consciousness in more detail later

## What is the Purpose of life and Spirituality

**Inquirer** – Whoa. In the previous session you took me on a ride of history lesson. I am here only to understand and if possible prove there is NO god or spirituality. You have definitely made some very valid points against that and I am keen on listening more. But to keep things in perspective if we could just concentrate on the topics of discussion that would be great.

**DD** – Sorry to have pulled in all of that in the previous session. But please realize, if you are looking for proofs, you must dig deeper and in doing so you are obviously going to go places. Nothing is as direct as a plate of platter served in front of you at the dinner table, in the end. Everything I have been stating is either in direct relation with overall Spirituality or a means to invoke curiosity in the reader with the overall theme still intact.

**Inquirer** – OK. That makes sense. Getting back to previous conversation. You mentioned our purpose as humans is to ascend to the next level of consciousness. As a lay man, I would better sit with my current life of Material comforts that give me satisfaction and happiness, whatever it may be and for whatever duration it be for. I really do not see any reason why I need to go through all this drama in my life.

**DD** – Fair point. Not everyone is at the point of even starting on this journey. Many start and then go back, because this requires a lot of dedication and discipline. I think we are digressing from the previous session, but since you raised this topic, let me close this one out before moving forward.

Let me ask you a very **practical** question, in your terms.

There are over 7 Billion humans on this planet. Why are there so many? Is the sole purpose of everyone to just eat/sleep/earn/enjoy/die? You are obviously not going to take your riches with you when you die. Every animal does the same thing. Why are we born with higher intellect than the animal kingdom, if all we had to do was what a lower level conscious being does then why us?

Only when you ask the right questions, curiosity to a level is invoked that will take you places. Your answers followed by more questions is what leads you on a journey we call Spirituality. It isn't a cult or following a guru or even whatever I say on this website.

You are your own Guru and you need to simply look within to find answers.

**Inquirer** – I think we are circling around this. I get the point and it's a very valid one, please carry on with the real conversation.

**DD** – OK. One of the questions that arises out of previous session is on the same lines as above. Why is it that the supreme created so many of us only to see if we are going to ascend to next level of consciousness?

The answer to this is very simple though but is a very important one.

In every aspect of life, the best of the best is who gets the royal treatment. The filtration system ensures that only the right and worthy candidates are picked for a job/sports/and anything else. Likewise, our life as we know it is merely a **Test**. A test to see if we are ready to ascend to the next level of consciousness. We have obviously lived many lives and each one is a stepping stone for the next. Meaning, with each life you are getting closer to scoring 100% on your test.

**Inquirer** – Sorry to interrupt again. What is all this? Test? Why? Why does it bother me in my current lifespan if I take the test or even pass it? Are you implying you believe in reincarnation?

**DD** – You seem to have asked a handful questions. Let me answer each, one at a time.

Reincarnation, yes. We live in a closed system. Everything recycles itself and it does this, here.

- A seed grows into a plant.
- A plant produces a fruit.
- That fruit has seeds which produces another plant
- The original plant has a lifespan and eventually dies
- After death, it is decomposed, and it may again start the same process all over again or its many fruits continues with the journey

Similarly. Our lives too. We came from nothing and become nothing, and the cycle continues, here on earth. There are so many books with scientific evidences to prove Reincarnation. That topic is so wide, I don't want to digress from our conversation.

Onto your next question of why this test and why do you need to bother in this life?

Since we have already negated the fact that the current life isn't what we were born for (*eat/sleep/live/die*). Then there obviously must be a bigger reason for our existence. And that is this test. The Supreme wants to see who among us are the worthiest of reaching, meeting and eventually merging with him. But he cannot obviously be partial to some and impartial to others. That's why the supreme God, loves all the same way. Provides as many opportunities to each one of us the same way.

Let us table this for further discussion and continue the conversation in our next session.

### **Tabled Questions:**

- Religion is misleading and not needed

- What's the purpose of idols and temples
- Explain Consciousness in more detail later
- Why this test in life to merge with creator?

## What is the Purpose of life and Spirituality - Part 2

**Inquirer** – I think we need to wrap the previous session up. We have circled quite a bit on this topic and I need to get some clarity and closure on this topic.

**DD** – Sometimes Spirituality and conveying its message is isn't as easy as reading a fictional novel. But point noted.

I am going to give an example that almost everyone can relate out to. Video Games. Let us take Mario Bros as an example, but it could be any game though. Here are some of the tenets within which the game functions.

1. Game starts with a character having ONE life
2. The character gets lots of chances to add many lives or accumulation of material stuff
3. The Goal of the character is to reach the **END** of each level
4. Once the Character gets there, he starts afresh in the next level with all the accumulated lives/material stuff
5. Go back to step 2

As you can see, our lives and purpose of our lives isn't any different.

1. We start with our life aka incarnation
2. We continue to add material stuff and then accumulate Karmic Debt, doing good/bad
3. The Goal of the character is to reach the **END**. In our case, there is only ONE end. Get out of the reincarnation loop.
4. If we are unable to get rid of Karmic Debt in the current life, Go back to step 1

This is the reason time immemorial, sages have worked hard on themselves so as to attain the END goal, Moksha.

**Inquirer** – This seems quite interesting. As with most of my questions, is there any proof for anything you said or you simply using analogies to explain something arbitrary? The other question I have is that you introduced at least two new topics that I need more explanation on, Karmic Debt or Karma and Moksha.

**DD** – I will explain those two in detail, as part of this explanation itself. Yes, of course there is evidence that you yourself can also validate.

***What exactly is Karma.*** In simplest of terms it is our individual balance sheet. All our Good deeds are balanced out with our Bad deeds. If we have more Bad than Good, we carry Karmic

Debt to our next life. And the cycle continues, until such time as the debt is completely removed, you keep reincarnating.

From our Video game analogy, this fits nicely. But is there any other evidence?

There are 100's of books written on the subject of reincarnation and how people carried some of their past lives into their current ones. There is as much evidence as folks in the past life that had a wound very deep show up in the current life in the form of a scar. And this in almost all cases was verified by digging past lives. Again, the studies have been as thorough as they could be. Please research further on this topic, so we don't digress.

Karma is Scientific as well. Imagine you have suspended a bar magnet tied with a thread. Initially it will wobble a lot and then eventually settle down. Why? The magnet is seeking an equilibrium. And where does it find? When the Magnetic North aligns perfectly with Magnetic South of the Earth.

Since we are all simply energy, the good/bad actions/thoughts we initiate has a frequency. When you perform more of one action, you go into an imbalance state. Remember, there is nothing like too much good. But even a small amount of bad is very bad. Now this may not make a lot of sense, but you can validate this for yourself.

No amount of motherly love is too much for her child. Yet, a small hatred towards an individual cause so many ripples that it is really difficult to stop.

**Inquirer** – This is all good, but could you please close this topic as soon as you can.

**DD** – OK. When you think/perform bad action, you are creating an energy impression that not only impacts your own self, but the entire universe. Because you are changing the natural law, you are held responsible for your actions. You then carry with you the negative energy signature until you have removed that from your consciousness. This is how one gets relieved from their Karmic Debt.

Once you have completely removed your Karmic Debt, you are now on your way to Moksha. Moksha in simplest terms is the end of your birth/death cycle. Your soul doesn't reincarnate anymore, and it merges with the Supreme Consciousness onto the next journey, higher level of consciousness.

This is the sole purpose of our lives. To get rid of the Karmic Debt and attain Moksha. Spirituality is the framework that helps you get there.

Let us continue the conversation in our next session.

## Karmic Debt - You are not your body

**Inquirer** – We are obviously getting too deep into this conversation, but being a non-believer, at least I am now open to listening. Maybe this has to do with the scientific analogies you keep adding in. I am taking notes and will need to research further on my own, to get a handle on all of this. After the last session, the most obvious question that arises is **How exactly** do I remove my Karmic debt, if that is bad.

**DD** – I am glad that our conversation is helping you open up. After all, this entire meeting was supposed to do just that. I have NO intention of making you or anyone a believer of anything. I respect what everyone believes in and wouldn't do anything to get away from that. Having said that, my aim is only to clarify the doubts/questions that you had around Spirituality and God. Remember, what you don't know you don't know, you will never know. Meaning, if you have a pre-conceived notion of spirituality and God, unless you have a conversation such as this one the likelihood of having misconceptions around this topic is extremely likely and the hopefully our conversations at least increases the curiosity towards further research

Removing of Karmic debt is very easy, but extremely difficult to comprehend.

From our previous session, the imbalance experienced by the suspended bar magnet wasn't a function of the magnet itself, but the quality of the magnet. That quality here is Magnetism. The stronger the Magnetism, the more agitated the magnet to find its true north/south alignment and vice-versa.

Likewise, our karma is the qualitative aspect of our being. It really has nothing to do with our body itself. So, to reduce the qualitative impact of Karma, all we need to do is, detach or lower the qualitative aspect, like the strength of bar magnet.

How does one go about doing that?

By detachment. Detaching everything that's happening around you, from your attachments, from your possessions and eventually from your body. Once you realize, you are a spiritual being inside a container we call body, your Karma is already removed or at least balanced out.

**Inquirer** – Sorry to interrupt, but your explanation around Karma is fine and dandy, but saying I am not my body is the most absurd statement I have encountered in our session. Are you sure about that? How do you explain this to someone without impacting their sanity? Is there any proof for this? I don't even want to hear about this, but I am a bit curious to see if you can even make an attempt to prove this.



**DD** – These things as you know, are not easy to explain, let alone prove them. I will try.

- When you are awake, you can feel your body
- When you are asleep, you don't know if your body exists

You know your body exists only in waking state. How can something if true, be true sometimes and false at other times?

If you are merely your body, then

1. What are thoughts? They are obviously NOT in your body, yet somehow attached to you?
2. What is the ONE thing you actually do with your body?
  1. Breathing Happens
  2. Sleeping Happens
  3. Digestion Happens
3. You are NOT doing any of the above on your own. If you are your body, you ought to know and do these on your own, consciously.
4. What are dreams? Most people can recall their dreams, all of it. Your body doesn't go with you in your dream state, then what and who is experiencing it?
5. How does one explain para-normal? Talking to other dimensional beings and even telepathy (very well tested and documented, with as many books including scientific validations).

This list as always could go on. The point is that if you are attaching yourself with your body, then you are merely limiting yourself when you are a limitless being. God or the Supreme didn't create all of us just to be good enough to survive alone. You need to realize your true potential

**Inquirer** – I think you are making your point using valid analogies, but science has not proven any of this. Regardless, how does one get rid of Karmic debt if one just assumes he is not the body?

**DD** – Science cannot and will not touch something that is non-measurable in the physical plane.

There are 2 aspects to Karma

The balancing of good/bad

Detachment via not-the-body

But in essence, both are interrelated. The most precious physical entity for anyone is their body. Everything else is secondary. If one assumes that he is not the body, alone, but a pure soul having an experience within a body, then all the externally manifested entities in the physical world become pale. This detachment removes the person from Karmic cycle.

The individual is obviously NOT relieved from Karma. Even at this stage if he does something bad, he must bear the consequences obviously.

Let us continue the conversation in our next session.

## Religion and Spirituality

**Inquirer** – That was a handful in the previous session. I think I get the overall idea of Karma, but could you please table the question on HOW I can get rid of it, karmic debt that is, for later? We have spent a good amount of time around these, I want to understand the ones we already tabled out as they are extremely important for me. I still do not know where does all of that you have been talking about fit in the Religion and the God as we know of.

**DD** – Definitely. Let us knock off Religion in this session. One of your questions or comment was that Religion serves no purpose today.

Let us first understand what Religion is and why it was even created to begin with.

Religion was created as a means to eventually aligning with the Divine. So was yoga and many others. Unfortunately, today these are merely automatic systems with what purpose it only knows.

Not everyone can sit in peace, meditate and know himself. Nor can they just relinquish their desires and realize that this whole world is an illusion aka Maya. Religion was originally conceived to be the framework with which these things could be taught and practiced. Unfortunately, today, more than 90% of those that follow current religious practices don't even know the purpose thereof.

These practices went all the way from narrating to orally transmitting knowledge to creating texts and temples/churches/mosques for people to gather and follow their way to Spiritual ascension. What is left of it today is mere prayer form and that too with no real meaning or purpose. Most, if not all, folks who follow religious practices are merely doing so because it has become part of society and everyone must follow OR because they want their wishes to be fulfilled by the Gods that sit inside of those places apparently.

**Inquirer** – Wow. Sorry to interrupt, but your language appears you are NOT in favor of religion or the God that they worship. This is surprising.

**DD** – Not really. Religion today is lost. Like the kid who lost his way back home. All that needs to happen is to help the kid reach his home. Religion by itself is extremely powerful, if used and practiced in the right context.

The current form of religion wherein folks are merely visiting temples/churches and pray to invisible gods don't know why all of this is going on and folks that practice don't know why they are doing what they are doing. Other than the expectation that in doing so, all their wishes will be fulfilled.

Almost all of the religious texts worldwide are a treasure chest of information. It contains everything that one needs to become spiritual and actually attain Moksha. These texts in all religions have stood the test of time for centuries. The beauty of all these texts is that all of them convey the same thing. God is within you.

**Inquirer** – I don't get it. Are you suggesting I should practice religion or should I not? And will it help me with all the spiritual stuff you mentioned until now?

**DD** – Whether you want to practice religion or not is a personal choice. I cannot answer that. And yes, you can still find GOD in today's religion. Just that the success rate would be extremely low. And bear in mind that's NOT because you cannot get a near 100% success rate with religion, it just has to do with how the current religion stands.

All temples/churches/mosques in the world combined probably have more wealth than the GDP of ALL the non-developed nations combined together. What exactly is the purpose of money in Religion? No priest in any religion will perform any service for Free. There aren't any services that are performed for the peace and well-being of entire Human race as a whole, for Free. If everything is measured against money or such instruments, what exactly is such a Religion's purpose? In fact, what exactly is the purpose of religion today?

In the olden days all religions practiced imparting of education in such a way that everyone came closer to the real God aka the Self. Today, not only is everything very mechanical, God is now considered an entity that is separate from your Self.

From one of our previous sessions you would recall that for any experience to be true, it must be **first hand**. If you consider god to be secondary, meaning outside of you, there is NO way to experience such a god.

In short, Religion is definitely needed for spiritual growth. But it needs to change drastically and recall how it originally started and used to be, along with the purpose for which it was devised.

Let us continue the conversation in our next session.

### **Tabled Questions:**

- Religion is misleading and not needed - Answered
- What's the purpose of idols and temples
- Explain Consciousness in more detail later

## Purpose of Idols and Temples

**Inquirer** – I really liked the way you presented a very complicated and controversial topic of Religion. We have two more questions at this time that are tabled. I don't really have a whole lot of questions at this time. How do you want to proceed after all questions are answered?

**DD** – I plan on wrapping up all the questions and then we will proceed to the How part of this inquiry. Until now the questions were more centered around the what and the why. Once we start getting into the how, things will get interesting as you will be doing things on your own and this will eventually lead up to experience and potentially realization.

The concept of Temples and Idols is dated back to Egyptian culture, at least in the current context of civilization progress. This is going to be a little long history lesson that will answer the question of this session.

Thoth, the very first king to rule Egypt of mystic origins documented, brought with him knowledge that was unimaginable at that time. His main ambition was to share all the knowledge and make each individual as powerful and godly as he himself was. But he soon realized that it isn't as easy of a task.

Among many things, one of the most prominent of his teachings/knowledge that he shared was of the Idols that Egyptians prayed at that time. But what exactly was this?

Thoth was a great Dowser. He knew exactly where underwater canals were flowing and their intersections. With his knowledge in Energy Harvesting, he realized the potential energy vortex such intersections offered. To maximize the harnessing of such energy, he realized he had to erect some sort of a rock/structure. He searched for the right rock that will do the job. He traveled over 500 miles to find the right rock. He then got that rock carved in specific shapes, most of them similar to Pendulums and got such rocks erected at places where he knew was the intersection of underwater canal. He subsequently asked all the citizens to gather near the rock, touch it and meditate upon it and all their wishes will come true.

Magically enough, people started to get cured of their illness. They started getting their wishes and dreams fulfilled. The whole city was submerged in happiness. This news spread far and wide. Folks started coming in to touch/feel this rock and get their wishes fulfilled.

This continued very well until the death of Thoth. After this point the Pharaohs thought of scaling this rock thing. They started to carve 100's of such rocks and started placing them

randomly all over Egypt with the same belief that they too will provide magical powers and the whole country would be elevated. To their dismay, none of them worked. Citizens started turning around and complaining that they are in dire straits and these rocks aren't working anymore. It is then the Pharaohs realized that Thoth knew something that these folks didn't. But not wanting to cave in, they continued asking their citizens to pray harder. And if their wishes aren't coming true, then there must be something wrong in themselves or the way they are asking for wishes.

This is how the Idols came into prominence and Idol worship obviously followed course. Likewise, the place where these Idols were placed were now called Temples/Churches and the advent of Religion took place.

**Inquirer** – This does look like a story. But it sure has a lot of weight on how things might have originated. Does this imply that idol worship and temples have no significance in today's life?

**DD** – Not really. It's actually the opposite. Idols and temples have a lot of significance. Unfortunately, however, owing to the inaccurate assumptions of what these are supposed to mean, these have sprung up on every street across the globe. Yet, only a few handful places still contain the powers that we all wish for.

- The location where Idols are placed have strong Earthly Energy
- The structure and shape of the Idol itself has a powerful energy capture and reflection abilities
- The building that is constructed where the Idol is placed, follows an extremely complicated Mathematical formula/pattern

Only when a temple/church/mosque has ALL of the above, is where you will really feel energetic and relieved off of your health problems.

Temples/Churches themselves add to the energy via Collective Consciousness, because each one within those premises has set himself to the same frequency as the God/Earth/whatever it be.

So, as you can see, there is a lot of history behind Idols, Idol worship and temples themselves. Unfortunately, not only is this information lost, we have lost the way in which we are able to harness such wonderful energy out of it.

Let us continue the conversation in our next session.

### **Tabled Questions:**

- What's the purpose of idols and temples - Answered
- Explain Consciousness in more detail later
- Explain Karma in more detail

## Purpose of Idols and Temples - Part 2

**Inquirer** – You seem to have taken me on a historical journey. Though I don't know the accuracy of the story, I must admit, it was an awesome story to hear out. What I feel after the last session is that you have narrated the historical aspect of Idols and temples, but their significance and benefits in the current world context is left out. Would you mind closing this topic with answer to this?

**DD** – Definitely.

In the current context, even though all temples/churches/etc. have turned into mechanical models, they still provide value that you won't find elsewhere and outside of that place.

A temple/church/mosque/etc. is a place where many people gather. All of them have the same state of mind.

- All of them are calm, peaceful and potentially happy
- All of them are aligned to one God/entity/figure. This can be easily assumed as meditation.
- All of them have strong **belief** that their prayers will be heard
- All of them are consciously present in that place

If you take all of this into account, this becomes a place with extremely strong energy and vibes. When was the last time someone felt very bad after having been within these places of worship? Pretty much it is a given certainty that after any such visits, people feel elevated, great and happy. So, what could be the reason for all this?

The reason one feels elevated post such visits is because of the Collective Consciousness that drives the crowd to a higher vibratory frequency.

- Thoughts have energy
- Sound has energy. When one chants, these are sounds of specific nature
- Meditation also has energy

When you combine all of these for just ONE person alone, the vibratory frequency you get from that act is at such levels that one literally could transcend into higher consciousness and even dimensions.

Now, when you consider this in a group, the amount of energy that such activity generates is enormous. Just by the virtue of one being present at such a place feeds into that person so much positive energy combined with higher frequency that it helps even the passive observers the same benefits as active participants. There have been many scientific studies that have been independently conducted conveying the benefits of such group-based activities.

A skeptic could easily dismiss all of this. But ponder on this for a second.

- You have more fun when in a group or with lots of friends
- Try watching a game on TV alone or with friends or even better, being in the stadium.
- Try going on a vacation alone vs with a group of friends/families.

I guess you get the point. The collective conscious changes the dynamics completely. And that's why we are termed a social being. It isn't more of the social aspect than the benefits each one within the activity that is of more significance.

**Inquirer** – This is great info. I recall reading something on these lines in scientific journals sometime back. Does this mean we all should go into temples/churches to pray an invisible god? What about the God in the form of idols? Do they also have some significance today?

**DD** – Yes, to both questions. Whether you pray to the God in question or not is a personal choice. But the benefits of just being in such places is immense. Not just from an overall peace of mind perspective, but it has lot of health implications. With lower heartbeat and higher vibratory frequency, your blood pressure is controlled. You have rhythmic breathing that helps regulate most of your autonomous organs/activities in the body. So, there are quantifiable health implications, and this isn't merely a theory.

Yes, if such temples are on **power spots**, which is what they are called (*recall the Thoth story from earlier*), then the benefits just grow exponentially. That's why even today folks go over to Kashi/Ganges river/Haj/Jerusalem/etc. on a regular basis.

On the idols part. Each and everything in nature has lived its course that easily spans multiple 100's if not 1000's of years. These things, be it rocks/trees/rivers/etc., all of them have witnessed so much that they all are literally open history books. Science has already proven that water and crystals contain memory.

Now, if a simple rock contains memory and has the potential to harness and transfer energy, just by virtue of your presence near such rock, you start pulling all of this energy into yourself. This is nothing but Idol worship.

In summary, whether the real reason why idol worship/temples exist today is right or wrong, they offer benefits beyond explanation, even today.

Let us continue the conversation in our next session.

**Tabled Questions:**

- Explain Consciousness in more detail later
- Explain Karma in more detail



## Karma - in more detail

**DD** - I am taking the liberty to close the last two outstanding tabled questions so we can move over to the How aspect of all this. If you have any questions, feel free to ask, around the last or any other session.

**Inquirer** – I am good. Don't have any specific question at this time. Your explanation on Idol worship and temples was in line with how I thought it should have been.

**DD** - Good.

**Karma** - I won't go into the definitions and what pertains Karma as we have covered that in previous sessions. Instead let us understand this a little deeper and better.

I will use the analogy of a *Rechargeable Battery* here. How does it function.

- When purchased new, it is NOT charged
- When you plug into an electrical socket, it recharges the battery
- In doing so, it calibrates the battery. In the sense, it only touches and recharges that portion of battery which was used up.
- Batteries comprise of blocks or sectors. They don't get used up sequentially.

Consider Karma to be like a battery. Let us take a smaller data segment to start with. Just a single day. Because Karma works on you as a whole and doesn't really tie onto a timeframe. It works second by second and stays with you.

When you start your day, you feel fresh after a good night sleep. For the most part you start off happy, with a smile. In short, you are perfectly neutral. Let us assume you have 5 bars each of positive and negative Karma for the day, when you start one.

Let us say you pray for your family, friends, everyone to be happy. In doing so, you use up ONE positive bar. Because you expressed a positive thought. Now you are one positive bar short. Universe strives to stay in balance. Since everything is energy, universe cannot leave imbalance out there. It fills your kitty with ONE positive bar.

Let us say you then think about your work. You need to really do something to get that promotion you have been eyeing for a while. You start thinking and then come up with a plan of telling over your competition to your Boss. Maybe even cook up some bad story around him.

In merely thinking the above, you have expressed TWO negative feelings. Once again, Universe fills your kitty with 2 more negatives.

Bottom line is. You decide what and how your life should function. If you keep expressing negative thoughts/emotions/actions, universe will continue to give you those circumstances and

situations. This is what some folks call **Law of Attraction**. This is nothing more than Karma or Energy balance.

When you take this at a larger scale, your entire life, Karma functions the same way. All the negatives and positives eventually are accounted for and balanced.

**Inquirer** – Interesting point of view. Never thought of Karma in this simple way. I am guessing if you accumulate more of negative, this becomes your Karmic Debt. What happens when you die with such debt? Do you reincarnate again?

**DD** - Bingo. Yes. Since the whole purpose of our existence is twofold, realize the self and get rid of Karmic Debt, you will be reborn until this purpose is achieved/fulfilled.

The same goes with your level of Realization too. Meaning, knowledge and Realization also works similar to Karma as far as carrying it to the next life is concerned.

Let us say on a scale of 0-100, you are at 30 in this lift. This scale being, 0 = Just started your realization process and 100 = Completely realized being. And then one day you die. When you are reincarnated, you don't start over at 0 when it comes to spiritual journey. You instead start at 30.

How can I at least provide an analogy on this?

Countless number of realized beings in a specific life, suddenly became spiritual and realized. Unless they accumulated all that knowledge in one life and carried forward to the next, there is NO other explanation.

For example, Bhagwan Ramana Maharshi. He attained self-realization at the age of 16. Unless he was nearly at 90 or 95 in his previous life, he couldn't just spring into a new life and become realized without spending a lot of time contemplating through the realization process. There are many more examples of this nature.

Hope this clarifies Karma to the level of detail needed.

Let us continue the conversation in our next session.

### **Tabled Questions:**

- Explain Consciousness in more detail later
- Explain Karma in more detail - **Answered**

## Consciousness - in more detail

**DD** - At this time we have only ONE outstanding tabled question and we are going to address that in this session.

What exactly is consciousness and how does one correlate to it.

- How does it work.
- What is collective consciousness
- What is Supreme Consciousness

Everything that we do and are, is merely consciousness. So, what exactly is it anyways?

When you wake up after sleep, let us say the ***first thought*** that comes to your mind is that you realize you are alive. Who or what exactly is thought inside of? Let us not worry about where that thought originated from, but for now we want to only understand who is the one having this thought.

This is a very difficult topic to explain in simple terms and that too with analogies. Almost everyone explains this in an analogous fashion to Awareness. But the two are completely different and hence to dig deeper and get the most accurate definition of Consciousness alone gets ever more difficult.

- When you open your eyes, everything you see ***first***, without any association is Consciousness
- When you see a table without labeling it a table just yet, you are conscious of it
- When you call it a table, you are now aware of it

So that's the subtle difference between these two acronyms. Why does it even matter? Because awareness it built overtime. You are conscious all the time. Consciousness precedes Awareness.

- I could be conscious and NOT aware
- But I can never be aware and NOT conscious

**Inquirer** – This is too confusing. When I am talking to you, am I Conscious or Aware of it? Let us start with this simple question and then move forward

**DD** - That's a very tough question which you believe to be a simple one. I wouldn't want to answer this question, just yet, but in the interest of moving on I will.

You are both conscious as well aware when you are talking to me.

- You are conscious and thus create thoughts which leads to asking questions that you don't know

- Once you know the answers to those questions, you are now aware

I will narrate a very interesting story which will clarify the confusion and explain these terms in a very simple way.

Few centuries ago there was a very remote island inhabited with tribal folks. As with most of them, they kind of never left their island, hence didn't know that there was a bigger world out there.

Spaniards during that time were always on the quest to capture as many islands and countries as they could. In this process, their ships found the island of these tribes and started moving towards them.

Island tribes saw some object coming towards them, but because they never saw these ships earlier, they had NO way of deducing what they were. By the time they were able to identify humans on the ships, the ships were too close to the shore already. And by that time, it was too late to call for help or prepare for defense/attack. They were taken over by the Spaniards.

In this story, let us sum up the terms.

Tribes were Conscious of ships coming at them, but were NOT aware

Tribes were Aware of humans on the ships because they have seen humans and they themselves were humans

Only after the ships came close to the shore with identifiable humans, tribes realized that the ship is like a container for objects/humans. They were NOW aware of ships. Meaning, if there were a next time, they would have identified the ships well ahead of time and avoid capturing.

In summary.

- Consciousness triggers data gathering
- This data sits in our memories in the data banks
- Awareness is merely the pulling out of relevant data from the data bank, associate and then relate to the object.

In the case of tribes, they did NOT have ships in their data banks as they never saw it earlier and did not know what to do with it when they saw it. Once they did, their data bank was updated.

**Inquirer** – Interesting. So, we are all conscious beings all the time and just learn and update our awareness of things we experience?

**DD** - You are definitely learning fast. Yes, you are absolutely correct. Let us close this topic with the hierarchy of consciousness.

- You are an individual Consciousness

- When you combine all individuals, you get Collective Consciousness
- When you combine everything that ever existed, you get Super or Supreme Consciousness or God

All of this is merely Energy and nothing else. Consciousness leads to thoughts which have already been proven by science to have Energy quotient attached to it.

In closing, everything around us is merely Consciousness leading up to awareness as an experience. You are merely experiencing all of this in your head. That's the sole reason almost all cultures/traditions/practices lead you to your inner self. Meditation is to quiet your mind. This list goes on.

At this time, we have answered all outstanding questions and now we are going to move to next Chapter, the HOW of things.

Let us continue the conversation in our next session.

# CHAPTER 2 – The How's of Spiritual Inquiry

In this chapter we will go through actual steps each one of you can perform on a daily basis to slowly start changing your SELF. This will help you progress through your spiritual journey.

We all know we need to be spiritual and if you are reading this book, you probably are already on your way. The thing that nobody explains is **How** exactly do I become spiritual. There is NO, “how-to” guide for that. And this is just my effort to help the reader with the most important aspect of spirituality.

## Killing the Ego

**Inquirer** – Are we going to now move on to the **How** aspect of this conversation? To be honest, I did learn a few things that I didn't know earlier and am now open to knowing how all of this actually helps in my day-to-day life?

**DD** – Definitely.

As with solving any problem, there are nearly infinite ways to tread the Spiritual path. There is NO ONE path better than the other. In our own lives, if we need to travel from Point A to Point B, even if there are 10 paths, each one of us take a different one and experience different things. In the end, all of us reach the same destination. Likewise, it just doesn't matter if you are doing meditation/bhakti/yoga/chanting or just nothing, all of them eventually help you traverse through the cloud of dust so that you can see what was invisible earlier.

Killing the Ego is the most important of all, and actually forms part of any route you take. You cannot know what you don't know with the ego that all you know is what you need to know. Before we dig deeper into this, let us first define what exactly is the Ego we are talking about here, because there are 2 versions or types.

- An Ego that exemplifies the real you.
  - I am so and so
  - I have so much money
  - Even things like, I am strong and can beat all my competition.
- Second Ego is merely I Am.

As you can see, the first Ego is harmful and without the second Ego, one doesn't even exist. What our goal is to get rid of Ego 1 and stay in Ego 2.

HOW?

Go to the source of Ego 1.

- Who or what exactly is that Ego 1 feeling great about?
- The body and the you that is experiencing all of the reality only has a limited time on earth to experience all that it can.
- You come with nothing and leave with nothing.
- Why does one need to be so attached with material stuff while in between?
- What exactly is Ego 1 getting out of all this? Is this productive and leading you somewhere?
- What is the whole point of exemplifying this Ego? Who gains and for how long?
- What kind of energy frequency are you attaching with the Ego? Because Ego 1 has NO real purpose in one's life, this energy can never be positive in nature
- Why does anyone, your friends/family/the world need to know how good/great you are and why does anyone care?

**Inquirer** – Sorry to interrupt, but you seem to be contradicting yourself here. In one of the previous lessons you mentioned the importance of collective consciousness and how you have more fun being with friends/families. And here it appears you are stating that there is no point in letting others know what you are good/capable of because they don't care? I am lost.

**DD** – My bad. I should have put this in a way it didn't come the way it did.

Yes, you need to be with and care for friends/family/the entire world. Because in the end, nothing is separate from you, your SELF. However, being part of all that and carrying yourself with an Ego are two different things. You can either listen or talk. You cannot do both at the same time with 100% concentration. Likewise, you can either be part of the herd or try to carry your ego and push yourself as someone above the group.

All that needs to happen is to stay out of your ego trap. You can easily achieve this by being Humble, Caring, Compassionate, empathetic towards everyone and everything, all the time. If you push your Ego, you are putting yourself in front of everyone else. You need to step back and let others go in front of you.

One of the old Indian poets used to follow a very unique Spiritual path. He used to always force himself into situations where people used to demean him. The reason he used to do this is to get his Ego out the picture.

When you remove your Ego 1, you become a Pure soul with just the presence of I AM. It is like cleansing the dust off of your eyes. Once done, you see everything more clearly than ever before.

**Inquirer** – All of this is easier said than done. Society expects you to be an achiever of sorts and you need to show off what you are and capable of. In other terms, if I don't let others know that I am good singer, I will never be able to become big and famous. So, this is a paradox that you are telling.

**DD** – When you are travelling in an airplane, the air hostess narrates safety measures. One of the many is, *Put your own oxygen mask before you put it on someone else*. Because if you try to do it for others without doing it for your own, you might end up with both dead in the worst-case scenario. Because you would be scrambling for oxygen while trying to help someone else.

Likewise, the society exists only because you exist. If you don't fix yourself and lead yourself in the right direction, society will have no real significance as it relates to you.

Agreed that this is not easy. But again, anything you start fresh for the very first time is always going to be difficult. Moreover, a Diamond doesn't go on TV advertising itself. If it shines, people will automatically recognize it.

The more you attach yourself with Ego 1, the farther you will move into the viscous circle we call the Hamsters wheel. It has no start and no end. Pull yourself back. Not every situation/discussion needs you or your knowledge. Be an observer of things, an active observer.



As many sages in the past stated, Talk only when your words are more important than your silence. Similarly, push yourself forward with your real Self, only when it is needed. Ego 1 is the one that pushes you with no reason for you being there. Get out of these situations and transcend into your real Self.

### **Practice This -**

- Each time you need to speak up, pause and ask, is it really necessary?
- Each time you need to contradict someone, pause and ask, are you actually adding any value to the discussion? If not, you are merely expressing negative energy and as per law of Karma, the more negative you throw out to the universe, the more it will send your way
- Each time you need to show off, pause and ask, does the other person even care? And how long does the other person remember any of this?
- Each time you think you are superior than others, pause and ask, aren't there many more superior than your own self in the space you think you are superior? What exactly does this thinking achieve even?

The more you practice these on a minute-by-minute basis through your life, the sooner you will get rid of all the garbage from your illusion self and transcend Ego 1. Once you are there, believe me, you will feel much lighter.

Let us continue the conversation in our next session.

## Live in the now - Pull yourself back

**DD** – We are now going to learn of technique 2 that you can apply and practice in your life to not only get spiritual but enjoy your life to the fullest.

**Live in the Now.** This is probably one of the most common statements among all the sages/learned men. Because all of them understand the importance of the Now. Now is all that exists.

What exactly is NOW?

From what we know, it is the snapshot in time that is currently happening / ongoing. This obviously is relative to what already happened and what will happen.

In essence, we are using time to qualify a snapshot.

For us to move forward we need to understand and define time. Because it appears all we are doing is living in this relatively and loosely defined snapshot, a snapshot of time we call now/current while contemplating on another snapshot in time we call past.

So, what exactly is time?

This is one of those widely-accepted phenomena, yet with NO real definition that we can stick to. Not going into too much depth and technicalities, current definition of time is simply that it is a measurement yardstick to define passage of a snapshot. I spent quite a lot of **time**, to find a definition and understand time, to no avail.

A non-abstract definition would be the movement of a clock/watch which is defined according to a precise mathematical and astronomical calculation to depict movements of various bodies/planets/etc.

**Inquirer** – This is too much science. Can you please simplify all of this and how any of this relates to spirituality? How exactly can I use this info to benefit myself?

**DD** – OK. Let us simplify all of this. Let me ask you what did you do Yesterday?

**Inquirer** – Went to work and the regular stuff.

**DD** – So, you would qualify all that as past event in your life?

**Inquirer** – Yes.

**DD** – So past here refers to time that has already passed

**Inquirer** – Yes

**DD** – How exactly do you know that not only did that time pass, the event actually occurred?

**Inquirer** – Don't quite understand your question. I know because I went through all of that, yesterday.

**DD** – How do you know all of that? How do you recall all that in simpler terms?

**Inquirer** – Because I actually lived through all that. I recall all that through my memory.

**DD** – There you go. So basically, what you infer as past time is simply a thought you are accessing from your memory?

**Inquirer** – Yes. But that doesn't mean I didn't live that and go through all that.

**DD** – And how do you know that?

**Inquirer** – Because I am a personal witness to all that happened yesterday

**DD** – OK. Let me summarize all of this so we can move on.

- You went through your day, yesterday
- You can recall all of that, today
- You can only recall all of that today using your memory

Doesn't this simple example prove that at a very high level, time as you call it is simply a memory or snapshot? There is NO way to prove all that you went through yesterday, actually happened. The only way to do so is to use a snapshot from your memory. Even if you show a recording of the event, it still is stored in some memory.

For a person who lived a lavish life and met with an accident losing his memory in the process, did he live all that life or not? He cannot recall anything because he lost his memory. Let us say he was 30 at that time. His parents/wife/all relatives recall pretty much all of his life, but him. Did he or did he not live 30 years?

As you can see, everything is merely a thought and memory in our brains is what we use to attach snapshots and call it time.

There exists NO TIME.

**Inquirer** – That's a profound statement. I get where you are coming from. But are you implying that humans who have followed time all through ages and scientists who use time for their calculations are all wrong?

**DD** – This exercise is only for YOU, the reader. We cannot change or convince the world, if we ourselves are not changed/convinced. Recall from our earlier discussions. We must experience everything first hand. And all that I presented until now, here, is first hand.

What exists is simply, the Now. Everything else are mere experiences in the now, shelved and stored in your memory as snapshots. Therefore, you cannot recall the entire event, just a portion of it.

Try this exercise for yourself.

Recall everything that happened the previous day between exactly 1 and 2PM. That's a whole hour. Try narrating that hour. The likelihood of you wrapping this up within less than a minute or two is near 100%. Why? Because all we store are snapshots and NOT the entire event.

If Time is merely stored in the form of memory and that too not the whole thing, isn't it more beneficial if you live the current moment in **time** and store nothing/minimal rather than store stuff that you are going to forget anyways?

Why is this important?

When you are living in the now, you are actually Consciously experiencing what is going on with you/around you. In the absence of which you are always living in a virtual thought world that is not here. In a way you are physically present and virtually absent. Make yourself fully present, in the now.

Now is where God lives. You cannot obviously expect to find God in your thoughts and memories that you yourself don't have control over how much to store and when to remove. And which is not even real. You cannot ever prove it to anyone what you went through that sits in your head, other than narrating it and the other person simply having faith and belief in you.

If Now is all that exists, isn't this where you will at least expect to find God? As we discussed earlier, God is equilibrium. When you are fully in the Now, you have attained a state of equilibrium. You are not in the past nor in the future, you are Here and Now.

### **Practice This -**

- Each time you sway into your thoughts, pause and bring yourself back to the Now
- Each time you need to talk in terms of time, pause and bring yourself back to the Now

I realize this is difficult and probably impractical. Do this only so much as not to impact your practical life

Let us continue the conversation in our next session.

## Love is all there is

**DD** – We are now going to learn of technique 3 that you can apply and practice in your life to not only get spiritual but enjoy your life to the fullest.

### **Love is all there is.**

- You were born with Love
- Love is God
- You were either taught or you learned Hate
- Love is the only thing that mends, everything else breaks
- Love is the doorway to Inner Peace
- All conflicts end with Love

This list is endless...

The importance of Love in Spirituality again dates back to the most ancient scriptures/sages. Why did they place so much importance on a mere feeling? Every religion preaches Love.

Let us analyze this scientifically.

Heart Math Institute and many others have conducted independent studies/experiments on Human emotions and especially Love as an emotion.

- Love exhibits the same wave pattern at very close wavelengths as Meditation.
- Both of these (Love/Meditation) in turn exhibit wave pattern very close to Deep Sleep
- All these 3 in turn exhibit wave pattern that is close to Schumann resonance

In short, the whole feeling of Love when expressed by an individual aligns him directly with Meditative/Sleep/Trance states and the heartbeat of Mother Earth. No wonder, people feel blissful when they express Love towards any creature living or otherwise.

Moreover, Love must be expressed in Silence alone. When was the last time you kissed a child with all the love you got, while playing loud music in the background?

The energy frequency of Love emotion entangles with any other Love emotion exhibited. This explains why two people feel connected. In such an instance, all communication happens without words.

**Inquirer** – Sorry to interrupt, This all sounds good. But what exactly any of this is related to Spirituality and how do I gain from all this?

**DD** – Love is the language of God. That's why God gave us this innate ability to not only converse with others, but also with the self/god through this medium

Once again, if we refer to any Religious text it would state that you attain or reach God through love.

The idea of Separation creates all the Fear. If God is Love, then with this analogy, we are all one. And that's what one needs to realize. If all is consciousness as we discussed in previous chapter, then the onus is upon you to choose what you want in your consciousness.

If everything that happens within your consciousness is inside of you, then the idea of separation seems absurd. Once you realize this, you will start loving and caring every living and even non-living entity. There can be no other way. And this will be your ticket to self-realization aka god-realization. In the end, both are not separate.

### **Practice This -**

- Each time you have a feeling of anger/hatred/envy/jealousy, pause and just change that feeling to pure love
- Each time you feel worthless/not deserving/sad/unhappy, pause and just change that feeling to pure love

In the end, the more you practice Love, the more you will become Love.

Remember.

Once you remove Fear out of your life, all that is left is Love. Because these are the only two emotions that exist. All others are merely different forms of these emotions. Moreover, once you have removed Fear, **you Become Love.**

Let us continue the conversation in our next session.

# Detachment

**DD** – We are now going to learn of technique 4 that you can apply and practice in your life to not only get spiritual but enjoy your life to the fullest.

## **Detachment**

This word again has been making rounds in spiritual circles for as long as such texts existing in all cultures and religions. However, the real meaning of this word has almost always been misunderstood.

In simple terms, detachment means not to attach. It could be to a physical thing or to an outcome of action performed. However, there is a very slight and subtle aspect which has never been mentioned anywhere in texts or elsewhere.

One needs to be performing this with full awareness or consciousness. Let us dig into this further using an example.

Let us say you are working hard for your promotion at the job you are at.

Per the definition of Detachment, you need to simply do your best and expect the best of course. This approach leads one to a very dull life. Because, you are simply becoming a robot that is doing things but cannot and does not want to attach nor associated with the outcome aka reap benefits. If you go and ask a farmer to plant seeds, take care of the farm all year long but do NOT expect any fruit to even show up, let alone sell and actually make money. There is no real motivation for the farmer to do any of this. To add, this will lead to a very boring yearlong activity.

Where the fun lies are in the conscious awareness of the act being performed. If you keenly perform your job at hand without expecting results, there exists no higher level of detachment than this.

No wonder all successful people have been that way because they did what they loved all their lives. In such a case, there is NO need to work for expectation or reward. You are enjoying what you are doing, by detaching yourself with the outcome.

The beauty of a vacation is NOT in reaching your desired destination. It lies in the journey to the destination.

In today's world, we are always in such a hurry that we have literally undermined and lost the importance of our journey that leads us to our destination. It is merely a burden that we need to carry so as to reach our desired destination in search for our activity/happiness.

**Inquirer** – Are you saying I should stop working, worrying about my future? This isn't practical. This doesn't look like I can do while I am still alive.

**DD** – No. You do NOT have to stop working. You just stop worrying. Worry is caused because of fear of uncertainty. Once you get over this fear, you not only are more loving, you start detaching yourself with the outcome of your life. You start accepting your life as it comes to you. So long as you are working diligently towards your goals, you now no longer worry if the outcome is positive or negative. And you can do all this starting today itself

**Inquirer** – I am not sure I got that. How can someone work hard on something and be happy with a negative outcome? At least that's how I understood your statement.

**DD** – Getting to that state will take time and is the most blissful state. You are NOT influenced anymore with the outcomes. You are always happy. Isn't this what you are striving for, all your life? To be happy, always?

I am not saying that you feel happy for something you failed at after having worked really hard. Yes, this is what you should eventually get to. But this isn't a start. To start off, just console yourself saying things are going to get better. You can try again and make this happen. Self-talk is critical to all of this.

And then there is attachment to material things. Things that will just decay off if left alone. How can something like that actually create attachment to an individual?

- This is my car
- This is my bank balance
- This is my House
- This is my Future

This list again is endless. As mentioned earlier. You came with nothing and will go away with nothing. All of this is just temporary in nature. Why do you want to spend your temporary stay attaching yourself to temporary things that eventually decay anyways?

### **Practice This -**

- Each time you think of a desired outcome, pause and tell yourself that any and all outcomes are going to be OK
- Each time you think of material attachments as stated above, pause and let yourself know that you are here to experience all of this and NOT to start loving them

Let us continue the conversation in our next session.



# Surrender

**DD** – We are now going to learn of technique 5 that you can apply and practice in your life to not only get spiritual, but enjoy your life to the fullest

## Surrender

This is a very easy topic to understand yet very difficult to practice and follow. Before going any further, let us understand what this word actually means.

When one **gives-in** to whatever he desires, he is surrendering himself to it. There are NO questions, NO doubts. Just complete faith and belief. Even though this might sound a lot for our analytical minds, this is something we all have been doing all our lives.

- We surrender to our Parents when we are babies and even toddlers. They are our world and existence. Whatever they say is all we listen/care about.
- We then surrender to our teachers while at school. Yes, one might argue that it may not be 100% surrender. But without just surrendering and first accepting that the teacher has something to teach that you don't know, there is no way for you to know anything. You just give-in and become a sponge that is accepting all the water being poured by the teacher

We then surrender to Love. Love for life, our goals, wishes, family and everything else that comes along. So, this is a phenomenon that we have almost always followed through our lives. Yet, when it comes to surrendering to the SELF or the supreme/god, all sorts of questions and doubts show up. Why?

Time immemorial, all sages, religions and cultures have stated - **Know Thyself**. *If you want to look for God, look within*. If one needs to know himself, the only way to knowing is by Surrendering as we have seen with the examples above.

When you give-in and surrender, you allow the higher-self to guide you through. Your higher-self is your soul, your companion and the link with the God or everything that exists and always existed. Since you are not trying to control anything anymore and letting things happen and come to you, not only are you much relaxed and relieved, you are now exploring possibilities that didn't even exist when you were trying to control everything. When you were at that state, the ONLY possibility that ever existed is the one that you thought was appropriate for the situation you were in.

**Inquirer** – I don't think we can surrender without actually killing our egos.

**DD** – You are absolutely correct. Ego is the self that attaches with your body. So long as you think you are merely the body and all your experiences are limited to the material stuff, you wouldn't be able to make way for your higher self to shine in your life. Ego is what sages have

called the **Maya** or the *illusion*. It is the one that wants you to believe in material existing and life which is no more than illusionary in nature.

So long as you are attached to this Maya, you wouldn't know there exists another world beyond it. Only after that point will you consider surrendering to the Self. It is like **peeling the onion analogy** I keep offering. Each step you go through in this chapter, you are literally peeling off one layer of your non-being.

The only caveat to all of this is that there is NO way to know which of these steps are going to trigger one to start crying, using the peeling of onion analogy. Hence, all one can and need to do is, continue practicing and continue peeling each one, either one after the other with gaps in between or all at once.

### **Practice This -**

- Each time you think you need to control a situation, pause and just give-in to the situation. Let universe give you the clues to the solution. Of course, don't do this for situations that obviously need immediate attention.
- Each time you feel worthless/not deserving/sad/unhappy, pause and let your higher-self guide you through to your life-purpose

Let us continue the conversation in our next session.

# Empathy

**DD** – We are now going to learn of technique 6 that you can apply and practice in your life to not only get spiritual, but enjoy your life to the fullest

## Empathy

One of the natural forms of emotions we are born with is to feel the pain for someone else. If someone else is hurt, you feel the pain. This is compassion.

When you feel the pain as if it were your own and want to fix it on your own, this leads to empathy. In short, the subtle difference is the **action** and feeling the situation by placing yourself in the other person's shoes. If you take an action on the situation you are empathetic else, you are just demonstrating compassion. Let us use an example to clarify this aspect.

Let us say a friend of yours lost his bag carrying all his money.

- When you feel sorry for him and console him that everything is going to be alright, you are compassionate.
- If you put yourself in your friend's shoes and not only feel the pain but all the scenarios and consequences that will arise out of this situation, you are empathetic. Usually such a state leads to an action in the form of helping your friend.

Why exactly is this important from a Spiritual angle?

Because the idea of separation doesn't actually exist. So long as you think you are different from your friend, you wouldn't be able to climb the spiritual ladder. In the end, there exists only ONE. The Supreme. Everything else is merely a physical manifestation of the Supreme. In essence, everything that you see, and experience is a form of the supreme alone. There exists nothing else.

When you are looking at the ocean, you could see waves at different places and times. Each one different from the other in structure, form, shape, size and force. Each one on its own things it is different from the other. Yet, in the end, all of them simply merge into its mother, the ocean. All that ever existed and exists is merely the ocean alone.

**Inquirer** – Are you suggesting that all living and non-living beings that I see and experience, all of them are just different forms of the god or supreme? And because of this I need to ensure I am empathetic to them?

**DD** – Yes. In the end, we are all one. Until such time each wave considers it is separate from the other and separate from the ocean itself, that wave will not be able to consciously realize the Creator, in this case the ocean. The wave will simply collapse into the ocean without the knowing nor experiencing.

In human's case this is even worse. The whole purpose of our lives is to realize the Self and the One/Supreme. If we waste this opportunity by keeping this separation aspect, then we have lost our purpose even before we began our journey.

Everything you see, feel, experience, you must be empathetic towards it as if it were your own. Even better, as if it were you yourself.

We are already doing this on a daily basis. The scope is limited to our own selves and our families at this time. Because we consider only them to be part of us, the individual. Once you realize that everything that you see around is merely a part of you, empathy towards everything there is, automatically comes along.

On these lines, becoming a Vegan helps with Spiritual ascension and progress to a great extent. Without empathy you cannot realize the self and without realizing the self, there is NO realizing the ONE/God.

**Inquirer** – Are you telling all of us to stop eating meat just to become spiritual? Sounds too farfetched. Aren't there spiritual people around who eat meat? This sounds a bit odd.

**DD** – Yes. From my personal experience, it is not possible to realize the supreme/God while consuming meat. And the reason is very simple. If you eat meat, whatever empathy you demonstrate is limited. Because all those animals you are consuming obviously deserved the same attention/empathy from you, which was missed out. You cannot partially be empathetic. Hence, the only way to solving this is by becoming Vegan. At a minimum, vegetarian.

### **Practice This -**

- Each time you see someone in distress, pause and imagine yourself in that person's shoes. See how much you can do to help solve that person's problem.
- Each time you feel worthless/not deserving/sad/unhappy, pause and show compassion towards your own self. After all, you too deserve the same empathy as you exhibit out

## Closing...

In Closing, I wish the reader all the very best in your Spiritual Quest. This book was NOT an attempt to convert an Atheist to a believer of sorts. Nor was it to influence any reader in any which way.

This book was merely a method with which I wanted to clarify some of the most common doubts while providing a practical way of getting into spirituality.

In doing so, if I inadvertently caused any grievance, I would like to sincerely apologize ahead of time.

Warm Regards

~ Druhin Dhavala ~